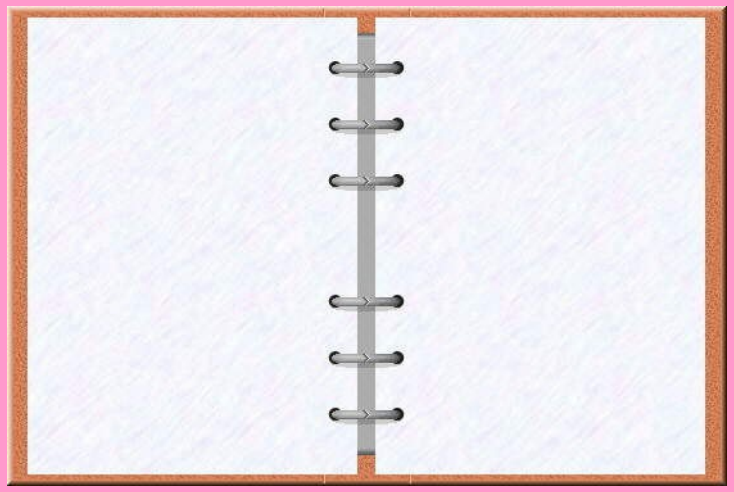
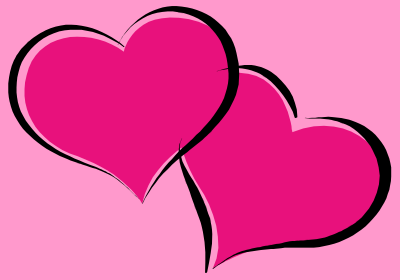
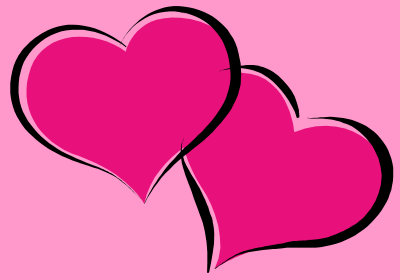
Building 90
Safety Meeting

13 February 2007

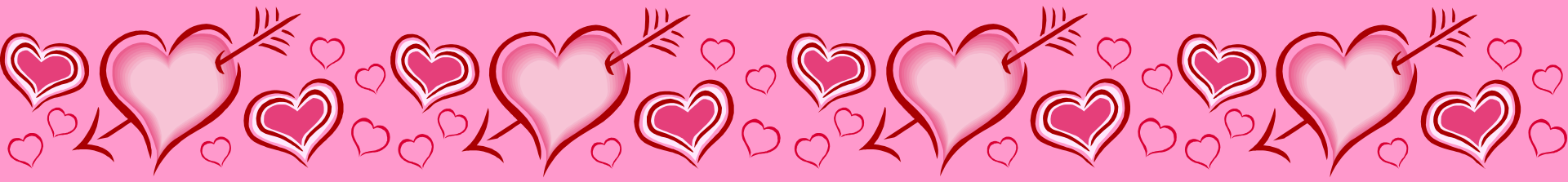
Agenda

- **Meeting minutes, dated 01/16/07**
  - **sent via email 01/19/07**
- **Review of open actions - none**
- **Topics of the Month –**
  - **Heart Health**
  - **Miscellaneous Info**
- **Questions**



Topic of the Day



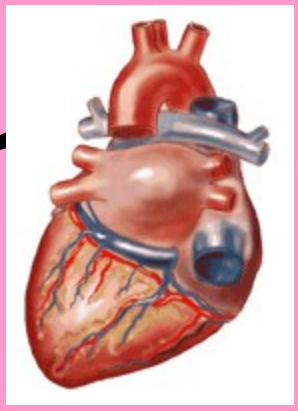
HEART HEALTH

American Heart Month

- **Cardiovascular disease = single greatest cause of death in US each year.**

- **Since 1963, President's have designated February as American Heart Mont**

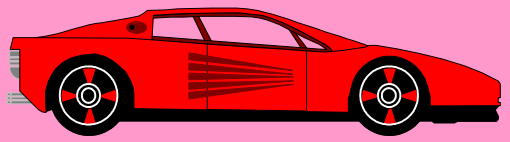
Reduce the Number

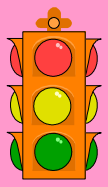


- ***Prevention***
  - **Good News: Heart attacks are almost entirely preventable.**
- ***Education***
  - **Learn the warning signs - early detection saves lives.**
- ***Emergency Response Training***
  - **Every second counts! Immediate response is critical.**

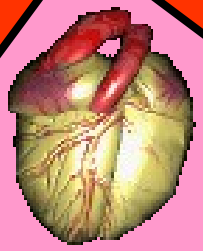
HEART ATTACK REVIEW

Let's say it's 6.15pm and you're driving home (alone of course) after an unusually hard day on the job.
You're really tired, and frustrated……



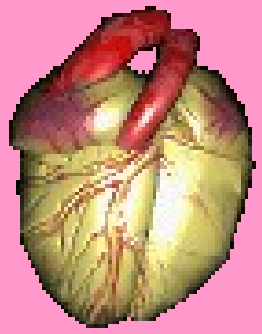


YOU ARE REALLY STRESSED AND UPSET ....



Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far.

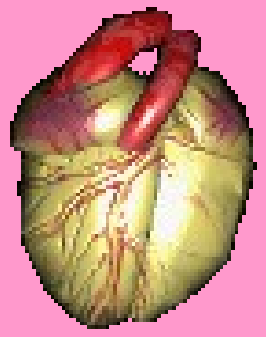
WHAT TO DO ???



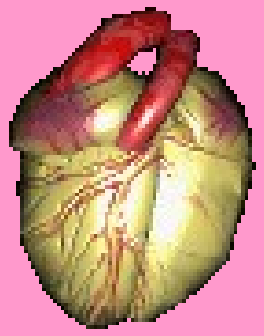
YOU HAVE BEEN TRAINED IN CPR, BUT THE GUY THAT CONDUCTED THE COURSE DID NOT TELL YOU HOW TO PERFORM IT ON YOURSELF !!!

HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

SINCE MANY PEOPLE ARE ALONE WHEN THEY SUFFER A HEART ATTACK, WITHOUT HELP, THE PERSON WHOSE HEART IS BEATING IMPROPERLY AND WHO BEGINS TO FEEL FAINT, HAS ONLY ABOUT 10 SECONDS LEFT BEFORE LOSING CONSCIOUSNESS.



WHAT TO DO ??



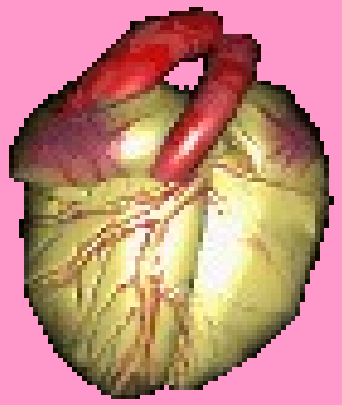
ANSWER:

DO NOT PANIC, BUT START COUGHING REPEATEDLY AND VERY VIGOROUSLY.

A DEEP BREATH SHOULD BE TAKEN BEFORE EACH COUGH, THE COUGH MUST BE DEEP AND PROLONGED, AS WHEN PRODUCING SPUTUM FROM DEEP INSIDE THE CHEST.

A BREATH AND A COUGH MUST BE REPEATED ABOUT EVERY TWO SECONDS WITHOUT LET-UP UNTIL HELP ARRIVES, OR UNTIL THE HEART IS FELT TO BE BEATING NORMALLY AGAIN.

DEEP BREATHS GET OXYGEN INTO THE LUNGS AND COUGHING MOVEMENTS SQUEEZE THE HEART AND KEEP THE BLOOD CIRCULATING. THE SQUEEZING PRESSURE ON THE HEART ALSO HELPS IT REGAIN NORMAL RHYTHM. IN THIS WAY, HEART ATTACK VICTIMS CAN GET TO A HOSPITAL.



ARTICLE PUBLISHED ON N.º 240 OF *JOURNAL OF GENERAL HOSPITAL ROCHESTER*

TELL AS MANY OTHER PEOPLE AS POSSIBLE ABOUT THIS.

IT COULD SAVE THEIR LIVES !!!

DON'T EVER THINK THAT YOU ARE NOT PRONE TO HEART ATTACK.

NOWADAYS DUE TO THE CHANGE IN THE LIFE STYLE, HEARTATTACK IS FOUND AMONG PEOPLE OF ALL AGE GROUPS.

BE A FRIEND AND PLEASE SEND THIS INFORMATION TO AS MANY FRIENDS AS POSSIBLE

CPR

Little A

EXI

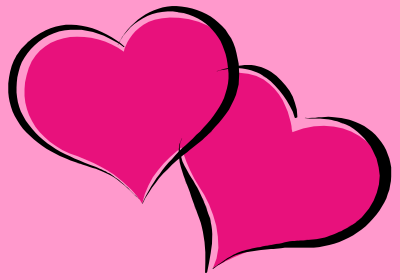
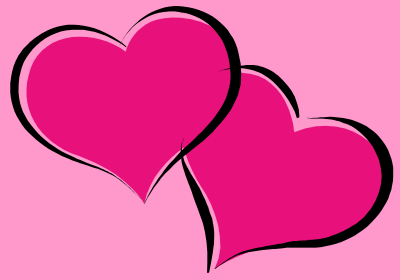
CPR Graduates!

Jan Fletcher
Venita Gatheright
Larry Gonzales
Angie Kirby
Lynette Kemmitt
Sharon Lampert

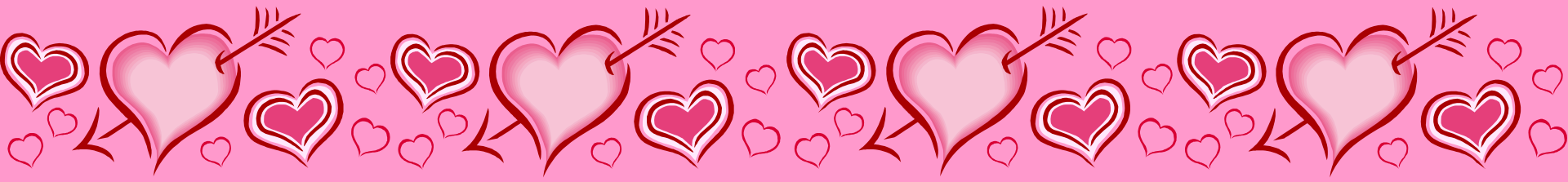
CPR Graduates!

Bill Loftus
Anna Markey
Amy Nissen
Richard O'Neill
Jessica Pearson
Susie Stevens

CONGRATULATIONS!!

MISCELLANEOUS



Health Fair

Wednesday
14 February 2007
1000-1400
Bldg 67

National Donor Day

- **14 February 2007 - 10th National Donor Day --- a day to give the gift of life.**

- **Valentine's Day is the day of love and donation is the gift of life.**

OrganDonor.Gov

Access to U.S. Government Information on Organ & Tissue Donation and Transplantation

National Donor Day

National Child Passenger Safety Week

- ***11 – 17 February 2007***

- **Motor vehicle crashes still remain the <u>number one killer</u> of children ages 4 to 14 in America.**

National Child Passenger Safety Week

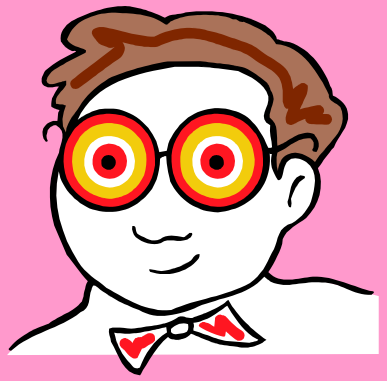
Another REASON to…

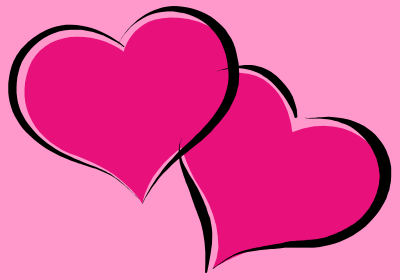
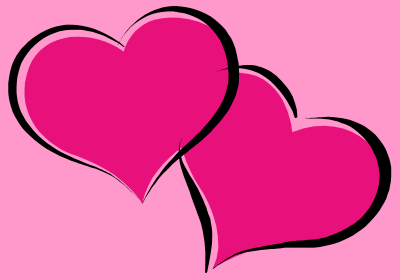
BUCKLE UP !

seatbeltvideodownload.wmv

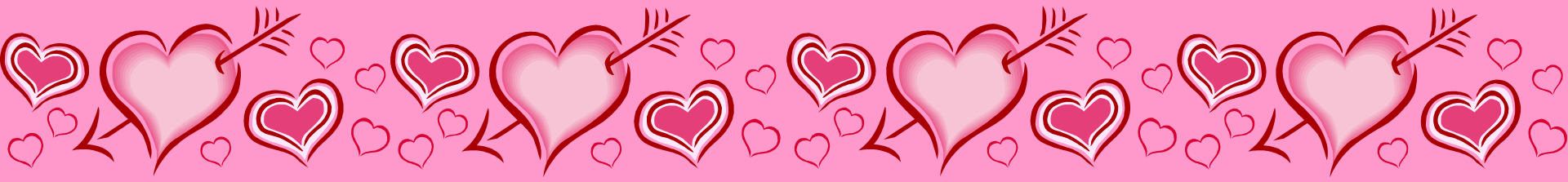
SAVE YOUR VISION MONTH

- **“If you lose your eyesight, it’s gone for good. So take care of it, all year long.”**



MORE MISCELLANEOUS



Purell Hand Sanitizer

Safety Moment

What happened: **An employee of a company used an Instant Hand Sanitizer available in the bathroom. He immediately went outside for a cigarette break. It was windy so he held his hand up to block the wind as he was lighting the cigarette and his hand burst into flames as he had not fully rubbed in the sanitizer.**

The Cause: **Purell® Instant Hand Sanitizer**

Product Description
Kills 99.99% of common germs that may cause illness in as little as 15 seconds.
Use anytime, anyplace, without water or towels.
Contains moisturizers and vitamin E.
Leaves hands feeling refreshed without stickiness or residue.

Warnings
For external use only.
Flammable, keep away from fire or flame.

Recommendation: **Advise employees to make sure they rub in the hand sanitizer thoroughly and wash hands before lighting a cigarette or putting their hand near any flame.**

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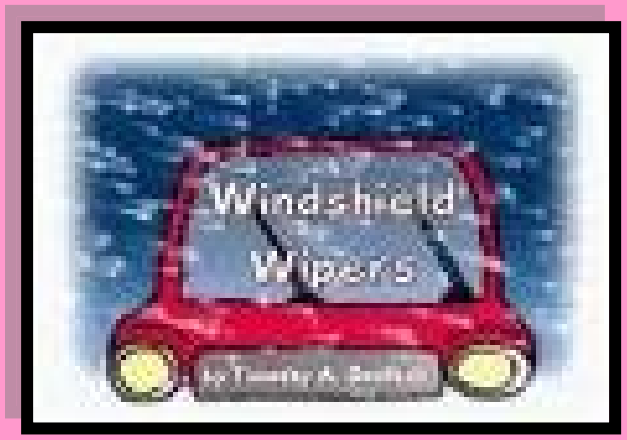
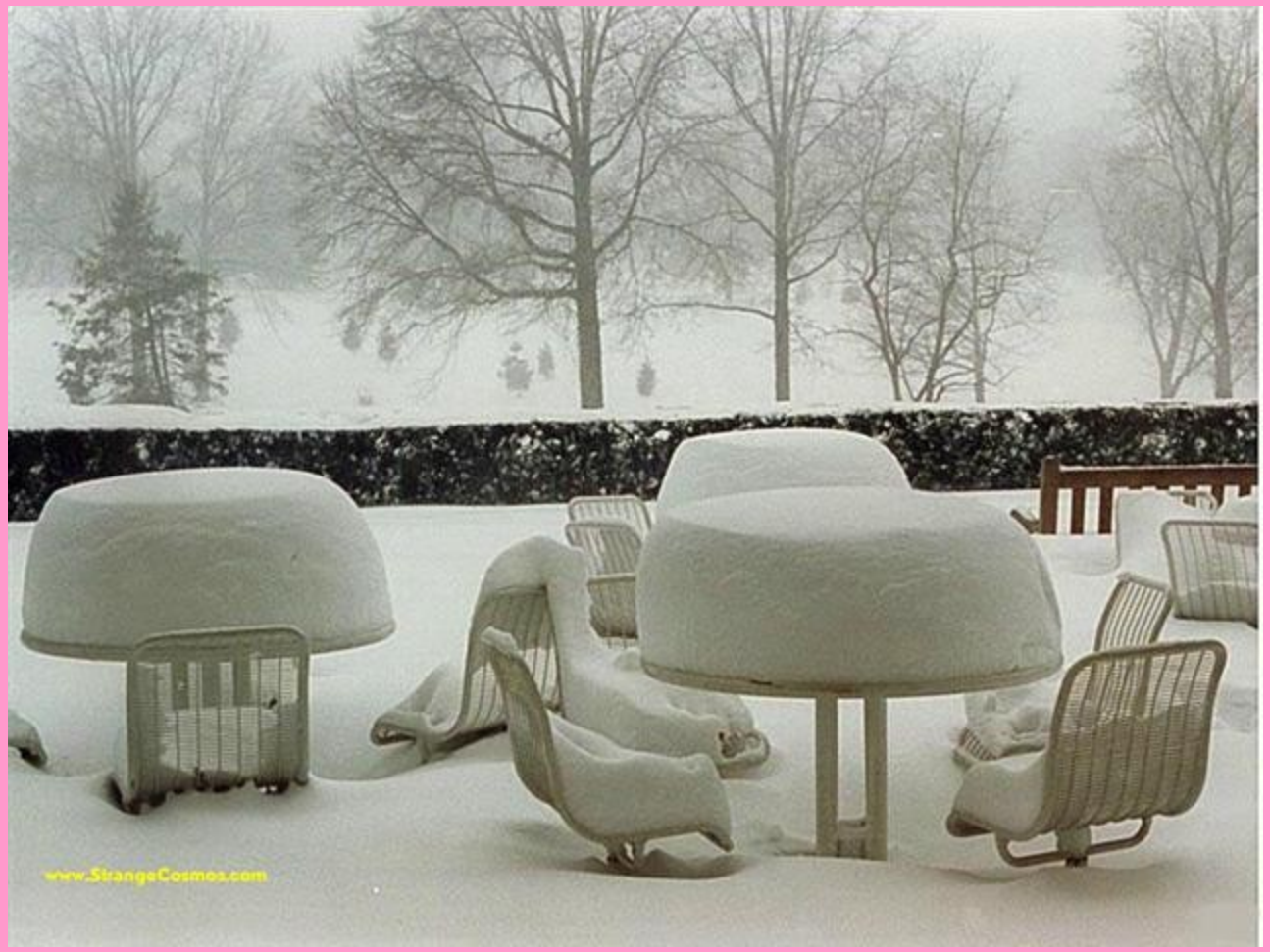
WINDSHIELD WIPERS



When was the last time you changed your wiper blades?

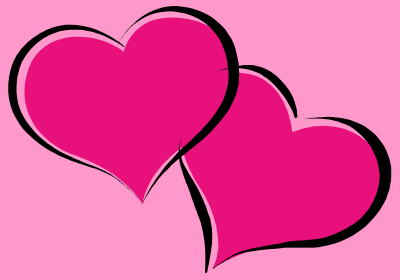
Why People Head SOUTH...

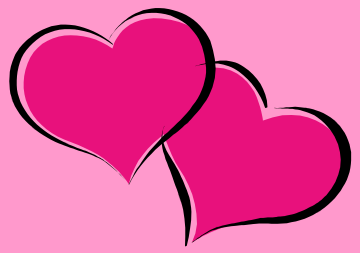

www.StrangeCosmos.com

www.StrangeCosmos.com

www.StrangeCosmos.com

Could This Happen to YOU?





http://
video.sheriff.org/psa_cartheft.shtml

Hands Free Cell Phone UPDATE

Don't EVEN THINK about doing this!!

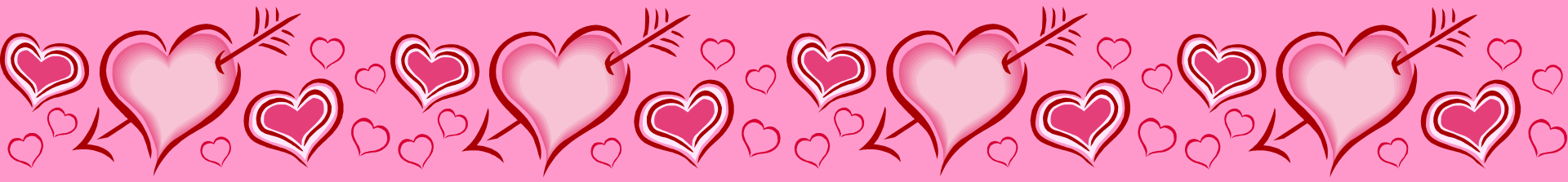
Gregg Marchessault
IAM: KungFuGreg
Copyright ©2005 BMEZINE.COM and Shannon Larratt. Do not republish!

GROSS!

LINT

When was the last time you cleaned the lint from your appliances?

S.A.F.E.



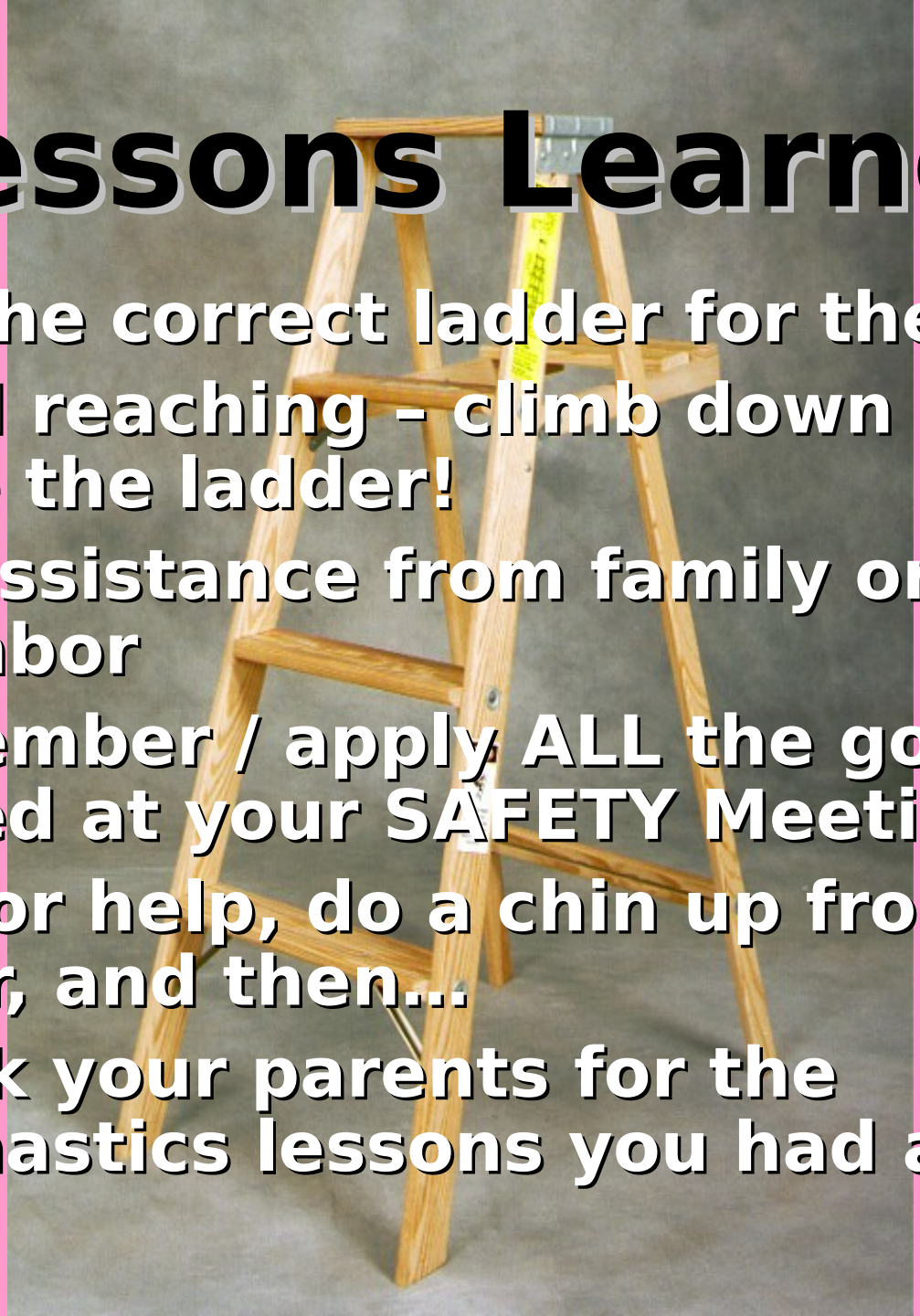
Sure Am Fortunate Experience

SAFE

Here's the story…

And the WINNER is...

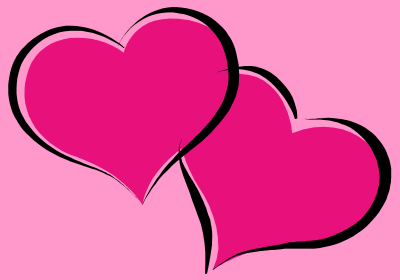
Lessons Learned

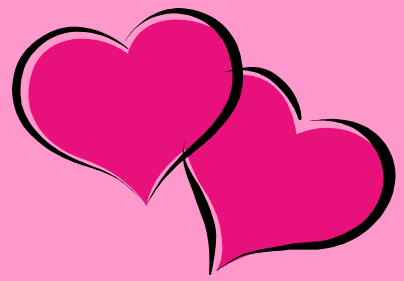


- Use the correct ladder for the task
- Avoid reaching – climb down and move the ladder!
- Get assistance from family or neighbor
- Remember / apply ALL the good info shared at your SAFETY Meetings…
- Yell for help, do a chin up from the rafter, and then…
- Thank your parents for the gymnastics lessons you had as a kid!

THANKS, ED!!

for our
HEART HEALTHY
TREATS!





QUESTIONS?

NEXT MEETING